

# Portion Control for Healthy Eating

Sure, you know what you need to eat to be healthy, but do you know how much?

It is so hard to lose weight, and it certainly takes a lot of discipline. The good thing is that there are tools that can help you manage your diet and take the guesswork out of meal time. Using portion control containers for healthy eating allows you to set aside exactly how much food you should be eating for each meal in order to meet your health-related goals. Using portion control containers can help you manage how much you are eating throughout the day and prevent you from mindlessly overeating.

## Why does portion control matter?

Practicing portion control allows you to provide your body with the exact amount of nutrition it needs in order to work at an optimal level. It will help you eat mindfully, which can lead to better health and weight loss. While it is important to not overeat any specific type of food, it is also important to avoid eating too little. Knowing about portion control will help you learn about the recommended serving sizes of each type of food, and help you adhere to them.

## What is the benefit of using portion control containers?

The easiest way to make sure you are eating a proper amount of food without depriving yourself is to use portion control containers. A lot of eating plans specify the number of calories you should be eating, along with the protein, fat, and carbohydrate content of your foods. This information is generally based on your metabolic rate or your weight loss goals. Tracking all of this information involves weighing and recording everything you eat, which sounds like an overwhelming amount of work to do for each meal. While this may be effective, I know most people wouldn't keep up with it for too long before giving up. Portion control containers are a simple way to keep up with this habit. Each container measures one specific food group, so rather than weighing your food, you can just measure it with the proper container. With portion control containers, you can stay in control of how much food you are eating for each meal.

## How should you use portion control containers?

Once you figure out how many calories you should be eating each day, measure out how much food this is in each of your containers. This will allow you to stop counting calories and just count the number of containers that you are using each day, which makes eating healthy a lot simpler. You can even mix and match foods that are in the same category to fill one container. For example, if you are making a flatbread for lunch, you can fill half of your vegetable container with tomato and the other half with mushrooms to equal just one container.

It won't be long before you can easily measure things out without having to stop and do any math. Just measure out your portions until you are able to get a good feel for how much a sensible portion size is, and then you can estimate it.

## What is the difference between a portion size and a serving size?

A portion is how much food you put on your plate, while a serving is the recommended amount of a certain food you should eat based on the nutritional label or a nutrition guide.

For example, one serving of grain is about one ounce. This equals about one half cup of oatmeal, but the portion of oatmeal that you actually eat is likely much bigger than that specified serving size. While you may think you are eating one serving, you are likely eating two or three, adding calories to your meal. But that's the key to portion control containers—they reduce your chances of overeating.

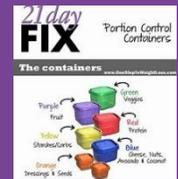
There are a lot of different portion control containers out there. Most have meal plans that explain how to use the products, basically helping your serving size = your portion size.

March 31, 2019



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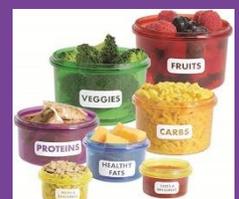
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## Upcoming Events

Core Conditioning Class @ Elite

Free in April



May Meal Prep

Sunday 5/19 @ 1pm



*April 12th-14th*

*Creative Writing & Artistic Retreat*

*Join like-minded creatives for relaxation, creative exploration and community where time and space for your creative journey is given priority. Through daily mindfulness exercises, group workshops, creative wellness activities, and plenty of rest, we will focus on nurturing our creativity through art and writing. Relax and tap into your creative soul. Unwind in a dedicated space where you can devote time and focus to your creative pursuits.*

*Held @ Halbrook Lake Resort, DL*

*For more information and to register go to:*

*Beyondpersonaltraining.org*

*Guest artist: Kenna Conlin & Writer: Rachael Gillen*

## Workout of the Week

4 circuits of 20 reps of each exercise, 15...10...5 - Pushups, (Jump) Squats, Prone Snow Angels and Spiderman Planks

## Healthy No Bake Chocolate Fruit Pizza

### Ingredients:

1 cup almonds (whole)  
15 pitted dates  
2 Tbsp coconut oil  
1 Tbsp cocoa powder  
1 tsp vanilla extract  
1/2 cup cream cheese  
1/2 cup Greek yogurt (plain)

1/3 Tbsp orange juice  
1/4 tsp orange zest  
1/4 tsp vanilla extract  
1/4 cup strawberries  
1 kiwi 1 clementine  
1/4 cup blueberries  
1/4 cup blackberries



### Directions:

First, make the base by blending/pulsing the almonds in a food processor until they have broken down into a fine consistency. Add the dates, melted coconut oil, cocoa powder and vanilla extract and continue to pulse until the dates have been finely chopped and everything is well combined. Press the mixture into a springform tin or tart dish and place in the fridge for an hour to set. Make the filling by mixing the cream cheese, Greek yogurt, orange juice and zest and vanilla extract together in a bowl. Now spread this mixture onto the top of the pizza base and then decorate with the fruit topping of your choice. Serve immediately or store in the fridge for a couple of hours until you are ready to eat!